

# CONEXIÓN

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**¡A TODOS UN FELIZ Y EXITOSO 2021 - TO ALL A HAPPY AND SUCCESSFUL 2021!**

## Creo en los Milagros

Por Barbara Britt

*“No te rindas antes de que suceda el milagro”. - Fannie Flagg*

A nuestro alrededor, los milagros ocurren todos los días. Aproximadamente el 80% de las personas en los Estados Unidos creen en ellos, sin embargo, no creen que puedan ser parte de ellos o que puedan compartirlos con otros.

*“Puedes quedarte ciego al ver cada día como uno similar. Cada día es*

*diferente, cada día trae un milagro propio. Es solo cuestión de prestar atención a este milagro “.*

- Paulo Coelho

Cuando nos encontramos en una situación desesperada y no podemos ver una salida, nos sumergimos en nuestra profundidad más baja y comenzamos a suplicar. Abrimos nuestros ojos y los brazos y susurramos con todo lo que tenemos: por favor, deja pasar esto, salva a mi

*continúa en la página 23*

## I Believe in Miracles

By Barbara Britt

*“Don't Give up before the Miracle Happens.” - Fannie Flagg*

All around us miracles are happening every day. About 80% of people in the United States believe in them, however they don't believe that they can be a part of them or that they can share them with others.

*“You can become blind by seeing each day as a similar one. Each day is a different one, each day brings a*

*miracle of its own. It's just a matter of paying attention to this miracle.”*

- Paulo Coelho

When we find ourselves in dire straits and we can't see a way out we drop to our lowest depth and start pleading. We open our eyes wide and our arms wider and whisper with everything we have: Please let this pass, save my loved one, save my job, and the list goes on and on for all of us. What if we open ourselves up beforehand and

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## Conozca las diferencias entre subvenciones y préstamos del Gobierno

Fuente: USAGov en Español



WASHINGTON, 14 de diciembre de 2020 / PRNewswire-HISPANIC PR WIRE/ -- ¿Usted o su familia necesitan ayuda económica para cubrir una necesidad personal?

¿Trabaja en una organización sin fines de lucro en la cual necesitan asistencia para completar un proyecto? Tal vez ha escuchado que el Gobierno ofrece ayuda financiera, pero no sabe cuál es el tipo de asistencia al que pudiera tener acceso y dónde informarse. Lo primero que debe tener claro es que existen dos tipos de ayuda económica que ofrece el Gobierno y que cada una de ellas tiene distintos requisitos de elegibilidad.

### Subvenciones o “grants”

Las subvenciones o “grants” son ayuda económica para financiar proyectos o para ofrecer servicios públicos, y solo están disponibles para organizaciones sin fines de lucro, universidades, estados y gobiernos locales. Tenga en cuenta que: La mayoría de las oportunidades de financiamiento de las subvenciones del Gobierno no son para individuos.

Si encuentra información en internet o en otros medios que asegure que el Gobierno ofrece subvenciones o “dinero gratis” a las personas para iniciar un negocio o ayudarlo con el pago de facturas, no lo crea, puede ser una estafa.

Si usted es parte de una organización y cree que esta puede ser elegible para una subvención del Gobierno de Estados Unidos, encuentre información gratuita sobre las subvenciones que están disponibles,

sugerencias y herramientas para ayudarlo en el proceso de solicitud (en inglés).

### Préstamos

El Gobierno otorga préstamos a las personas para fines específicos, como por ejemplo: para ayudar con el financiamiento de la educación, para asistir con las necesidades de vivienda o como respuesta a una emergencia o crisis. Tenga en cuenta que: Los préstamos, a diferencia de las subvenciones, deben ser devueltos en pagos que a menudo son con intereses.

Si lo que usted necesita es dinero para cubrir una necesidad personal, tal vez puede ser elegible para uno de los préstamos que otorga el Gobierno.

Para buscar préstamos gubernamentales utilice el sitio web oficial gratuito del Gobierno federal [GovLoans.gov](http://GovLoans.gov), donde puede acceder a información sobre préstamos para agricultura, empresas, asistencia en caso de desastres, educación, vivienda y veteranos. Averigüe si es elegible para un préstamo del Gobierno utilizando la herramienta de evaluación previa en línea.

Encuentre más información sobre las subvenciones y los préstamos que otorga el Gobierno, en [USA.gov](http://USA.gov) en español.

USAGov en Español es parte de USAGov, un programa federal que lo conecta a la información y los servicios de las agencias, los departamentos y programas del Gobierno de Estados Unidos. USAGov lo ayuda a encontrar respuestas a sus preguntas en inglés y español. Contáctenos por teléfono, o a través de las redes sociales en Facebook o Twitter.

## Learn about the differences between government grants and loans

Source: USAGov in Spanish

WASHINGTON, Dec. 14, 2020 / PRNewswire-HISPANIC PR WIRE / - Do you or your family need financial assistance to meet a personal need? Do you work in a non-profit organization where you need assistance to complete a project? You may have heard that the government offers

financial assistance, but you don't know what kind of assistance you might have access to and where to find out. The first thing to be clear about is that there are two types of financial aid offered by the government and that each of them has different eligibility requirements.

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# Hablemos Sobre El Turismo

Por Martin Owen

Editado y traducido por Lessie Correa

Como regalo de Navidad, mi esposa me dio algunos libros para viajes, pero algo diferentes. Estos explican cómo se viajaba en los 1930, 1950

de turismo en 1966). Para nosotros los empleados en turismo, lo primero que hacíamos era mirar en uno de los 2 libros que se publicaban cada mes. La



y 1960. Me fascinaron al imaginar como era el turismo unas décadas atrás. Me hizo pensar en como han cambiado las cosas durante el tiempo que llevo trabajando en este negocio. Debo recalcar que no tengo tantos años como para recordar esas décadas ¡desde mi punto de vista! Sin embargo sí recuerdo muy bien como eran los viajes en 1970.

Entonces, el turismo de los 60 y 70 empezaba a progresar. Teníamos la época de los jets y la habilidad de viajar que mucha gente podía hacer. Ya no era la época que solo los ricos podían viajar.

Como uno de los jóvenes agentes de turismo, yo estaba al frente de cómo planificar las vacaciones de nuestros clientes. Ahora la gente visita a un agente de viajes que se encarga de reservar todo usando la computadora o nosotros usamos nuestras propios teléfonos o computadoras para investigar y reservar nuestros viajes. Hace 50 años las aerolíneas eran las únicas que tenían computadoras para hacer las reservaciones y solamente ellos podían hacerlo (aunque el primer terminal fue instalado en una agencia

Guía Oficial de las Aerolíneas u OAG y la Guía ABC eran 2 libros grandes que se publicaban mensualmente. Informaban todos los vuelos alrededor del mundo, el horario de los vuelos y a qué ciudades llegaban. Con la OAG se podía buscar la ciudad donde el viajero quería ir, los días y las horas de los vuelos y en qué ciudad podían empezar el viaje. La ABC era todo lo contrario—escoger donde empezar el viaje y luego el destino dónde podías terminar el vuelo.

Una vez que se encontraba el itinerario de los vuelos y que volaban en la fecha que deseabas llegar o llegar antes. Algunas personas se daban cuenta que quizás iban a viajar todo un día.

El siguiente paso era llamar a la aerolínea por teléfono para reservar los asientos. En muchos casos esto implicaba una serie de llamadas a las diferentes compañías—muchas de ellas sin computadoras, lo cual implicaba que tendrían que confirmar dichos pasajes. Se usaba el sistema de Telex o Teletype (una conexión especial que usaba algo parecido a una máquina eléctrica de escribir y un teléfono especial. O sea que la

*continúa en la página siguiente*

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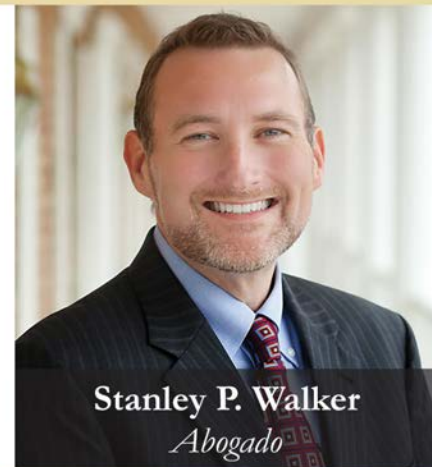
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confirmación de un asiento podía tardar varios días.

Una vez que el itinerario se finalizaba, había que calcular el costo. Podía ser sencillo como buscar en un libro pero muchas veces había que hacer cálculos. Dicho proceso podía llenar todo un libro. Significaba un esfuerzo enorme en un joven que recién empezaba esa clase de trabajo.

Por último, teníamos que escribir la información en los boletos. Teníamos boletos de todas las aerolíneas con las que trabajábamos. Verdaderamente

## Let's Talk About Tourism

By Martin Owen

For a Christmas present my wife gave me some travel books, but with a twist. These are about what it was like to travel during the 1930s, 1950s and '60s. I find these fascinating trying to imagine what tourism was like a few decades ago. It got me thinking about how things have changed in the time since I joined the business. I must stress that I'm nowhere near old enough to remember those decades from a work point of view! However, I do recall the travel business of the 1970s well enough.

Back in the '60s and '70s tourism worldwide was really taking off. We had the jet age and the ability to travel was open to a much greater number of people. It was not just the wealthy who could travel.

As a young travel agent, I was in the front line of booking people's vacations. We now take it for granted that we either visit a travel consultant who books everything using on line systems or we just use our own computers and cell phones to research and book our trips. Fifty years ago, only the airlines had computers to manage their bookings, and access was restricted to their own staff (although the first American Airlines 'SABRE' computer terminal was installed in a travel agency in 1966). For us travel clerks the first job in booking a tourist's journey was to look in one of two books that were published every month. The Official Airline Guide or OAG and the ABC Airways Guide. These were huge books listing all the air services around the world, the days and times they operated and which airlines flew the routes. With the OAG you looked up the city the

era un arte y una ciencia llenar la información correcta. Hace poco encontré unos cuantos de esos boletos que había usado para practicar. En esa época teníamos que escribir. Ahora es totalmente diferente. Ahora hacemos las reservaciones con el teléfono y nada de boletos escritos en papel y abordamos el avión usando nuestro reloj o el teléfono.

¡Eso es solo para el vuelo! El placer de encontrar y reservar hoteles y paseos turísticos era todo un proceso muy complicado. ¿Quizás para el próximo mes?

traveler to which they wanted to go and then checked if there was a flight, or connections from where they were starting. The ABC was the other way round - look up the start point and ago, then look at the destination to which you could fly.

Having found your flight or flights and checked that they flew on the day you wanted, plus when they arrive, bearing in mind that with international flights you oft times landed on a day after you left. Even, when crossing the international dateline, landing the day before you left or two days later. Some people could find they missed a whole day traveling.

Next step was to call the airline on the phone and reserve the seats. In many cases that involved multiple calls to different carriers, some of whom had computer reservation systems, but many did not, relying on sending messages back to their head offices to 'request' bookings. They invariably used a Telex or Teletype system (a sort of electric typewriter that connected via special telephone line). This means that a seat request may be waiting days for confirmation.

Once the itinerary was finalized, we had to work out the fare. This could be as simple as just looking up the fare in a book, but frequently with a multi stop journey, it involved a major fare calculation. That process could fill a book all of its own, believe me. It was major to a young and numerically challenged travel agent.

Lastly, we had to hand write the tickets. We had stocks of tickets for all the airlines with we worked.



There was certainly both an art and a science to writing tickets and we all had to take courses in how to do it correctly. I recently found some of my training tickets I wrote back then. It was a different age. We've come a long way with instant reservations on your phone, no physical tickets

and boarding passes on your phone or watch.

That only covers booking the flight! The joys of finding and reserving hotels and tours was a whole different and complex process. Maybe next month?

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## Podemos vivir de otra manera en 2021

Por Sheryl H. Boldt

Editado y traducido por Lessie Correa



¿Puede permitirse otro año de resoluciones fallidas de Año Nuevo? Tampoco yo puedo.

Como queremos convertirnos en mejores personas, enumeramos los malos hábitos que decidimos abordar durante el próximo año. Pero después de no cumplir con nuestras resoluciones año tras año, nos acercamos a la resolución del próximo año con una esperanza menguante. Deseamos que el verdadero cambio fuera posible y oramos por un milagro: que el próximo año tengamos menos razones para “odiarnos a nosotros mismos” debido a las decisiones que tomamos.

Nuestros lamentos provienen de decisiones que tomamos hace décadas o quizás hace solo unos momentos. Algunas de esas elecciones eventualmente se convirtieron en hábitos malos o pecaminosos. Pero no tenemos que tomar las mismas decisiones una y otra vez.

Si ayer fue decepcionante, hoy puede ser diferente. Con la ayuda de Dios, podemos vencer el comportamiento malo y pecaminoso.

¿Qué pasa si, al comienzo de cada mes, le pedimos a Dios que nos muestre un área de nuestras vidas (con respecto a las decisiones que estamos tomando) que le desagrade? ¿Luego pasa el resto del mes haciendo lo que sea necesario (a través de la oración, meditando en las Escrituras, responsabilidad, etc.) para superar ese comportamiento? ¿Y luego hacer esto mes tras mes durante 2021?

Para ser claros: no estoy hablando de fuerza de voluntad. Me refiero a

permanecer concentrados en la tarea, confiar en Dios, con expectativa, para ver realmente el progreso a medida que buscamos llegar a ser más como la persona que realmente queremos ser en Cristo.

Cada vez que me rindo a la gracia de Dios y elijo obedecerle (en lugar de ceder a mi comportamiento arraigado), crezco en mi confianza en que Dios me está cambiando. Que puedo cambiar. A medida que crece mi esperanza, mi ansiedad se reduce.

El primer paso que debemos dar es arrepentirnos de nuestro comportamiento incorrecto y aceptar la misericordia de Dios por nuestros inmorales e imprudentes ayer. Luego, nos adelantamos para ver lo que nos espera, como escribió el apóstol Pablo en Filipenses 3:13 (ESV): “*Hermanos, no considero que lo haya hecho mío. Pero una cosa que hago: olvidar lo que hay detrás y esforzarme hacia lo que está por delante.*”

Si usted (como muchos de nosotros) está luchando contra el arrepentimiento, el 2021 puede ser diferente.

Con la ayuda de Dios, comprometámonos cada mes con un área en la que queremos trabajar. Minuto a minuto y elección por elección, a través del poder del Espíritu Santo, alcancemos lo que tenemos por delante: una forma de vida diferente.

**Sheryl H. Boldt es la autora del blog, [www.TodayCanBeDifferent.net](http://www.TodayCanBeDifferent.net). Conéctate con ella en [SherylHBoldt@gmail.com](mailto:SherylHBoldt@gmail.com).**

## We can live differently in 2021

By Sheryl H. Boldt

Can you afford another year of failed New Year’s resolutions? Neither can I.

Because we want to become better people, we list the bad habits we resolve to tackle during the coming year. But after failing to stick to our resolutions year after year, we approach the next year’s resolve with fading hope. We wish true change was possible, and we pray for a miracle – that next year we’ll have fewer reasons to “hate ourselves” because of the choices we made.

Our regrets stem from choices we made decades ago or perhaps only moments ago. Some of those choices eventually became bad or sinful habits. But we don’t have to make the same choices over and over again.

If yesterday was disappointing, today can be different. With God’s help, we can overcome bad and sinful behavior.

What if, at the beginning of each month, we ask God to show us one

area in our lives (regarding the choices we’re making) that is displeasing to Him? Then spend the rest of the month doing whatever it takes (through prayer, meditating on Scriptures, accountability, etc.) to overcome that behavior? And then do this month after month throughout 2021?

To be clear: I’m not talking about willpower. I’m talking about staying on task, trusting God – with expectation – to actually see progress as we seek to become more like the person we really want to be in Christ.

Every time I yield to God’s grace and choose to obey Him (rather than giving in to my ingrained behavior), I grow in my confidence that God is changing me. That I can change.

As my hope grows, my anxiety shrinks.

The first step we must take is to repent of our wrongful behavior and accept God’s mercy for our immoral and

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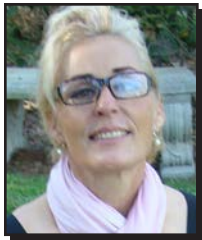
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## After my Heart

By Deborah DeSilets

Twenty years ago, the Museum of Contemporary Art (MOCA) in North

Miami held a memorial service for the great architect of Miami Beach, Morris Lapidus. It was planned as a tribute to his love affair with architecture and his wife Beatrice Perlman. Yet that was not to be as he died January 18, 2001. The exhibit held in cases the cuff links as bowties were made upon totems—all a wonderful swirling world of their affection for each other was made into a memorial to his life. People came from all over and signed the guest book and devoured the walls that carried the images of buildings made common in the Miami Beach skyline in the 1950's—The Sans Souci, The Nautilus, The Algiers, The Biltmore, The DiLido, and soon the Fontainebleau, the Eden Roc and the Americana-- their cityscape.



The trusty bowties Bea adorned Morris with every day as he wore his three-piece suit to the office, made a charming collection that recollected all their jaunts around the world. These little nothings, nonsensical art d'objects, were their symbols of the knot of love they made on February 22, 1929. In these little closures, Lapidus held his creativity in check as he designed over 1200+ projects which spanned his lifetime with Beatrice. A 60-year affair that ended with her death in 1994. Also displayed in the glass covered cases were personal art cards drawn, rhymed and measured by Lapidus that told the story of their love charted in the times they were living. They were treasured by Lapidus. These art cards and objects are where the Lapidus Legacy began and where it ended. Now twenty years later, The Miami Design Preservation League (MDPL) will take the year 2021 to explore the love, the life and the legacy

of Morris Lapidus. I caught up with Daniel he said, “We are slowly putting all the pieces together.” Truly, there is a lot of material to cover.

The last exhibits for Morris Lapidus on Miami Beach were held at the South Florida Art Center (SFAC), where Jeremy Chester, then the new director, engaged in a wonderful exhibition called “A Quest for Emotion and Motion in Architecture”. This exhibit revisited again the great-big-eight hotels of Miami Beach built from 1949-1956. In this seven-year period, Lapidus’ eight new hotels would redefine the resort experience for Florida—and the world—forever. In December of 1954 when the Fontainebleau opened it included every luxury a person could desire, and in the 5:00 pm news this image of luxury was broadcast into America’s living room in full technicolor! Here people saw how Lapidus’s hotels out-palaced the palaces. By the late 70’s the string of pearls on Miami Beach continued up the coast as Lapidus took on upper Collins Avenue. By 2010 this MIMO legacy was been honored by MDPL as a new preservation district. Marketed as “Futuristic, Flamboyant & Fun! Post-World War II Era, Architecture on Miami Beach. Complete with WOGGLES, CHEESE HOLES & Bean Poles.”

The story behind the style, Begins with Lapidus and his architecture that he often said, I did it MY WAY. The exhibit at the MDPL will be entitled, just that. This month folks at MDPL on Miami Beach are readying for their first VIRTUAL Art DECO WEEKEND January 14-16 week and we invite all readers our North Florida readers to get engaged with the fun “As there’s No Place Like Home” virtually opens with exhibits and events that take you on an in your home stay-cation with Miami Beach. And then all year take trips with us in-state as we explore the works and the world of Morris Lapidus at the hey-day of Miami Beach; aptly so the last book Lapidus was reading was the Rat Pack! For more information regarding the events contact info@mdpl.com. Contact me at DDESILETS@GMAIL.COM for any information. And if you have memorabilia of these wonderful buildings please feel free to share your holiday with us!!!

## THEATER WITH A MISSION

# Countdown to Florida Territory

By Ben Gunter

Two hundred years ago, Florida became US Territory. What did that revolution mean for people who were living in Florida in 1821 – for the Spanish-speaking residents of Pensacola, for the free black citizens of St. Augustine, for the English-speaking immigrants along the St. Johns River, and for the Native Americans all over the peninsula? How did Florida’s seismic shift from Spanish province to US possession reshape the American Dream?

Theater with a Mission (TWAM) invites you to join an international Countdown, getting up close and personal with Florida Territory step by step all year long. In January, we are exploring the visionary, multicultural impact of the Treaty that set the terms for Florida changing hands. It was named the Adams-Onís Treaty, after the US Secretary of State (John Quincy Adams) and the Spanish Ambassador (Luis de Onís) who hammered out its provisions.

Come discover this Treaty’s inviting, inclusive view of Florida with us – a vision for America’s future that is summed up in Article 6:

“The Inhabitants of the Territories which His Catholic Majesty cedes to the United-States by this Treaty, shall be incorporated in the Union of the United-States, as soon as may be consistent with the principles of the Federal Constitution, and admitted to the enjoyment of all the privileges, rights and immunities of the Citizens of the United-States.”

That means that two hundred years ago, every free black, every Native American, and every person of Hispanic descent living in Florida became legally recognized US citizens. Florida becoming part of the United States made the USA officially multicultural.

How did this new vision of America come to birth? On TWAM’s website, www.theaterwithamission.com, you



Photo by Sydney Schulmacher  
Carolina Merida (bottom left) and Samuel Castellanos (top left) as Ambassador Onís and his wife Cristina; Idy Codington (bottom right) and Ben Gunter (top right) as John Quincy Adams and Louisa Catherine Adams

will find short videos, extracts from historical documents, and dramatic scripts that tell you, in their own words, what the architects of the Florida Treaty hoped to achieve.

Through quotations lifted from his published memorias, you can hear Luis de Onís denounce US oppression of Native Americans and insist that Native Floridians must fare better. Through passages from his handwritten diary (now digitized by the Massachusetts Historical Society), you can hear John Quincy Adams explain why the day he signed the Adams-Onís Treaty was “perhaps the most important day of my life.”

Let these strongly-flavored extracts from Florida’s history whet your appetite, because there is more to come. In February, TWAM will host a virtual Loco for Love Festival, bringing you face to face with dueling, dancing, dining, and drama from Florida Territory. Follow us on Facebook, Twitter, Instagram, and Tik Tok for breaking news about the international artists who will be joining TWAM to mark this revolutionary development in American history, and the prizes you can win for joining in the Countdown.



# ¡NUEVAS DE GRAN GOZO!

Por Nelsi Rossi - [www.sanidadespiritual.com](http://www.sanidadespiritual.com)

Pero el ángel les dijo: No temáis; porque he aquí os doy nuevas de gran gozo, que será para todo el pueblo: Que os ha nacido hoy, en la ciudad de David, un Salvador, que es CRISTO el Señor. (Lucas 2:10-11)



¿Cómo celebra usted el nacimiento del Salvador? ¿Al Hijo de Dios que vino para salvar al pecador? ¿Repartiendo muchos regalos y preparando comida? ¿Viajando, estrenando auto, dándose “la buena vida”?

escaparás, Y no sufrirás pérdida en el lago de fuego ardiente.

¿Realmente es Jesús a quien está usted celebrando? ¿Si ha decidido repartir los regalos solo por emoción? No digo que por dar un presente se está condenando, Pero si no recibe a Cristo es simplemente tradición.

“Belén Efrata, pequeña entre las familias Judá”, Como lo escribiera Mateo y el profeta Miqueas. Que de allí saldría un guaiador que apacentará, Al pueblo de Israel y a todo aquel que le crea.

Ya que el homenajeado se goza en una celebración, Juntamente en la gran fiesta con todos los invitados. ¡Cuánto deseo que ahora mismo esté feliz el corazón! ¡De aquel que vino a morir en la cruz por mis pecados!

A eso vino Jesús, a salvar a la humanidad perdida, A guiar y apacentar un pueblo para su honra y gloria. Pues él dijo Yo soy el camino, y la verdad, y la vida, Yo pagaré por tus pecados para que vivas en victoria.

El nacimiento del Rey Jesús fue en Belén de Judea, En la tierra bendita de Israel cuando Herodes reinó. Nadie sabe la fecha exacta, aunque usted no lo crea, Solo sabemos que esa noticia al rey Herodes turbó.

¿Seguirías celebrando el nacimiento de Jesús? ¿Cantando villancicos a un niño recién nacido? ¿No sabes que Él creció y murió en la cruz? ¿Y también resucitó para salvar al perdido?

A muchos sigue turbando la noticia de su nacimiento, Porque no quieren enfrentar a Jesús cara a cara un día. Preferirían que siempre fuera un niño sin conocimiento, Y no el gran Juez que al final de los tiempos les juzgaría.

Si en delitos y pecados te encuentras mi amigo, Es el día de recibir a Cristo abriendo tu corazón. Si reconoces ahora mismo que estás arrepentido, Él con su sangre te limpia y te otorga el perdón.

No obstante, estimado amigo, no hay vuelta atrás, De ser castigado junto con todos los desobedientes. Solo si te arrepientes de la condenación

Entonces podrás celebrar las mejores navidades, Honrando con alegría y gozo al Príncipe de paz. Así mismo los días de tu vida serán festividades, Y aunque pruebas tengas en Jesús descansarás.

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**Iglesia Luz Para Las Naciones - 1836 Olive Road, Pensacola, FL 32514**  
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 555 Fairpoint Drive | Gulf Breeze, FL 32561 | www.misioncasa.org

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 iglesiasitallahassee.org | Todos los Domingos | Estudio Bíblico 10 am • Servicio 11 am

**Vida y Destino Internacional-FWB | 28 North St. Mary Esther, FL 32569**  
 Martes y Domingo 7:30pm

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**Centro de Alabanza Destino | 16019 Business | Freeport, FL 32439 | Lunes 7:30pm**

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**La Iglesia de Jesucristo de los Santos de los Últimos Días (Mormones)**  
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 Enseñanza: Miércoles 7pm, Domingo 10am | Estudio Bíblico: Lunes 7pm, Sábado 6:30pm  
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 213 W. 9 ½ Mile Road, Pensacola, FL 32534  
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## Lo que aprendí en 2020

Por Nick Smith

Si es que algo he aprendido como filmador ahora último, es que ¡siempre tendré mucho que aprender! ¡Estos son los 5 puntos que recordaré el próximo año!



Behind the Scenes of The SkunkApe

### Reconoce tu pasión .

Cualquiera que sea tu sueño, podrá parecer glamoroso pero la verdad es que tendrás que trabajar duro para conseguirlo y 10 veces más duro para mantenerlo.

Durante mi carrera los que siempre dicen no, me han dicho que deje de hacer películas y me enfoque en pagar mis deudas con un trabajo normal. Les oigo. Pero en lo profundo de mi mente quiero hacer películas. Siempre he trabajado para regresar a mi sueño. Pero ¿sabes qué? Cuando regresé a filmar películas, recordé cuanto hay que trabajar—días largos, pocas gracias y muchas veces poco o nada de dinero. ¿Vale la pena? Por supuesto que sí.

### Mira antes de brincar.

Mientras filmaba una película en Mississippi, uno de los actores tenía que empezar su escena en el lado opuesto de un arroyo. Dio un paso en ese lodo del Mississippi y no es necesario decirlo, no filmamos esa escena ese día. Una hora más tarde mientras el sol bajaba, el Servicio de Emergencia estaba en camino, y nuestro actor se hundía más. Finalmente lo sacamos media hora más tarde de estar enlodado. Nada se dañó, solamente su orgullo.

Había varias maneras de cruzar el arroyo pero el actor escogió la más corta, lo que en realidad resultó ser la más lenta y la más peligrosa. Algunas veces cuando nos apuramos para ser eficaces, terminamos enredando el trabajo. Sino pregúntale al (muy talentosos) actor llamado Creek.

### El Noroeste de Florida puede ser lo que quiera ser.

Solamente en 2020 nuestra área ha sido usada para diferentes clase de locales, incluso una oficina futurística (en “Pregúntale a Astrid”), un taller para asesinos (en “La referencia” de Brenton Eason) y un lugar de reunión para los monstruos tímidos (en “El gorila pestífero” de Renee Luke Jordan). En años anteriores nuestras playas se prepararon como Isla Amity para filmar “Jaws 2” y modificada como un atolón cerca del Basural del Pacífico en “Ataque del tiburón de 3 cabezas”. La moraleja es que “la agarradera” de Florida es un lugar versátil para filmar, mientras te cuides de los tiburones cinematográficos.

### Alístate para ayudar de la mejor manera posible.

En el montaje se les pide a los filmadores—o se les dirige—para que personifiquen más de un personaje. Durante la filmación de “La recomendación” filmamos una escena de la fiesta en The Palms en Destin Bistro. Nuestra modesta primer ayudante de director que prefería mantenerse alejada de las escenas tuvo



Elesia Marie gets creative for her Quarantine Chronicle film, Powerless

que sostener una copa de champán. El tratar de no salir en ninguna escena de la película sirve para recalcar que si deseas ayudar a filmar una película, debes estar listo para una toma por si acaso.

### Puedes tener un momento creativo, aun cuando estés encerrado

La comunidad local de la filmación puede aparecer en más de un rol. Mientras se filmaba “The Referral”, se filmó la fiesta de un compromiso en The Palms o Destin Bistro. Nuestra modesta primera asistente del Director que prefería quedarse detrás de las escenas fue necesaria para sostener una copa de champán frente a la cámara.

Trató de mantenerse alejada pero atrajo mas atención de lo que imaginaba. No se afectó ningún sentimiento al hacer la película pero sirvió para recordarnos que si quieres ayudar a hacer la película, debes prepararte en todo momento por si acaso.

Las Crónicas de Cuarentena muestran lo importante que es tener un pasatiempo o interés creado. Paradójicamente, el soñar nos ayuda a apreciar lo importante que la vida real es y como el apoyo de la gente alrededor de nosotros puede ayudarnos en los momentos más oscuros. En todas esas subidas y bajadas, ese es un buen recuerdo.

## What I Learned in 2020

By Nick Smith



Monsters meet in Pensacola for The SkunkApe

If I’ve learned anything as a filmmaker recently, it’s that I’ll always have a lot to learn! Here are 5 takeaways that I’ll remember in the year to come!

### Know your passion.

Whatever your dream job is, it might seem glamorous but the truth is you will have to work hard to get it and work ten times as hard to keep it. Through my career, nay-sayers have told me to stop making movies and focus on paying my bills with a regular job. I listened to them. But at the back of my mind, I wanted to keep making films. I always worked my way back to my dream. But guess what? When I got back to making movies, I was reminded how hard I had to work – long days, little thanks and often little or no money. Is it worth it? Always.

### Look before you leap

While shooting a feature film in Mississippi, one of our actors had to

start his scene on the opposite side of a muddy creek. He stepped out onto that Mississippi muck and needless to say, we didn’t film his scene that day. An hour later the sun was setting, the Emergency Services were on their way and our actor was sinking deeper. We finally got him out after another half hour of cold, dark muddiness. Nothing was damaged but his pride. There were other ways to get across the creek but the actor took the shortest, which turned out to be the slowest and most dangerous. Sometimes when we’re hurrying to be efficient, we end up gumming up the works. Just ask the (very talented) actor, whose name is Creek.

### Northwest Florida can be anything it wants to be.

In 2020 alone, our area has been used to double for all kinds of locations, including a futuristic office block (in “Ask Astrid”), a hitman’s workshop

*continued next page*



Filming The SkunkApe in Pensacola

(in Brenton Eason's "The Referral") and a gathering place for reclusive monsters (in Renee Luke Jordan's "The SkunkApe"). Famously, in previous years our beaches were dressed up as Amity Island for "Jaws 2" and dressed down as an atoll near the Pacific Garbage Patch in "3-Headed Shark Attack". The moral is, the Florida panhandle is a versatile place to film in, so long as you watch out for movie sharks.

**Be ready to help in any way you can.**

On a set, filmmakers can be asked – or directed - to take on more than one role. During the filming of "The Referral", we shot an engagement party scene at The Palms of Destin Bistro. Our modest 1st A.D. (Assistant Director), who prefers to stay behind

the scenes, was needed to hold a champagne glass on camera. By trying to keep out of the picture, she got a lot more attention than she bargained for. No feelings were hurt in the making of that picture but it served as a good reminder that if you want to help out making a movie, be prepared for your close-up just in case.

**You can have a creative outlet, even when you're locked down.**

The local filmmaking community came together – online, at least – in June for The Quarantine Chronicles, a movie contest with a few caveats: the entries had to be made following COVID precautions with the theme of isolation. So, no big cast or crew and no high concept storylines. The quality of the entries was inspiringly high, ranging from apocalyptic horror stories to silly comedies.

The Quarantine Chronicles showed how important it is to have a hobby or creative interest. Paradoxically, dreaming helps us to appreciate how important real life is, and how the support of the people around us can keep us going in the darkest times. In all our ups and downs, that's worth remembering.

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## 41st Emerald Coast HOG ayuda a los niños con su “Paseo de Juguetes”

Fuente: Comunicado de prensa de Children in Crisis Inc.



Photo: Gene Large, (center), President of the Emerald Coast Harley Owners Group, (HOG), Chapter #3605 presented two checks for \$2,500 each to help the abused children served by the Emerald Coast Children’s Advocacy Center and the at-risk abused and neglected children living at the Children in Crisis Neighborhood, thanks to the great support from Emerald Coast Harley Davidson Superstore, Cumulus Broadcasting and NWF Daily News.

**FORT WALTON BEACH, Fla. -** La 41a edición anual del “Paseo de Juguetes” del Emerald Coast Harley Owners Group Chapter # 3605 cerró con la recaudación de fondos para ayudar a los niños abusados atendidos por el Emerald Coast Children’s Advocacy Center y los niños en riesgo de abuso y negligencia que viven en la Vecindad de la fundación Niños en Crisis.

100 motociclistas se reunieron en Emerald Coast Harley Davidson en Ft. Walton Beach el domingo por la mañana y desfilaron en una ruta completamente nueva para 2020. La tarifa de entrada fue de \$10 y cada participante donó un juguete nuevo o una tarjeta de regalo. Emerald Coast Harley Davidson de Fort Walton Beach patrocinó el evento nuevamente

este año. Cumulus Broadcasting y el Northwest Florida Daily News ayudaron a correr la voz entre todos los entusiastas de las bicicletas en el área.

Según Ken Hair, presidente y director ejecutivo de CIC, “este evento anual está patrocinado por el Capítulo # 3605 del HOG con el apoyo de Emerald Coast Harley Davidson, Cumulus Broadcasting, NWF Daily News y los increíbles participantes. Este maravilloso evento nos ha ayudado a hacer de la Navidad un momento especial para los niños en riesgo que viven en el vecindario CIC ”.

**Para obtener más información sobre niños en crisis, visite: [childrenincrisisfl.org](http://childrenincrisisfl.org).**

## 41st Emerald Coast HOG Toy Ride Helps Kids

Source: Children in Crisis Inc. Press Release

**FORT WALTON BEACH, Fla.–** The 41st Annual Emerald Coast Harley Owners Group Chapter #3605 Toy Ride closed out by raising critical funding to help the abused children served by the Emerald Coast Children’s Advocacy Center and the at-risk abused and neglected children living at the Children in Crisis Neighborhood.

100 bikers met at Emerald Coast Harley Davidson in Ft. Walton Beach Sunday morning and paraded on a completely new route for 2020. Entry fee was \$10 and each participant donated a new toy or gift card. Emerald Coast Harley Davidson of Fort Walton Beach sponsored the event

again this year. Cumulus Broadcasting and the Northwest Florida Daily News helped spread the word to all the bike enthusiasts in the area.

According to Ken Hair, CIC President and CEO, “This annual event is sponsored by the HOG Chapter #3605 with support from the Emerald Coast Harley Davidson, Cumulus Broadcasting, the NWF Daily News and the awesome participants. This wonderful event has help us make Christmas a special time for the at-risk children living at the CIC Neighborhood.”

**For More information on Children in Crisis, go to: [childrenincrisisfl.org](http://childrenincrisisfl.org)**

## Goya Foods entrega el segundo plazo de ayuda humanitaria crítica al pueblo de Venezuela #GoyaGivesGlobal

Fuente: Goya Foods, Inc.



**JERSEY CITY, Nueva Jersey, 21 de diciembre de 2020 /PRNewswire-HISPANIC PR WIRE/ -** Goya Foods, la empresa de alimentos de propiedad hispana más grande de Estados Unidos, entrega 220,000 libras de alimentos a la población de Venezuela, que continúa sufriendo una grave escasez de alimentos. Es la segunda entrega de una donación de alimentos de 400,000 libras, que forma parte de la campaña #GoyaGivesGlobal de la empresa y que fue posible gracias a la asistencia de la Embajada de Venezuela en Estados Unidos, agencias humanitarias, organizaciones benéficas y Naciones Unidas.

“Agradecemos al Embajador de la República Bolivariana de Venezuela en Estados Unidos, Carlos Vecchio, por su apoyo para hacer posible la donación

de Goya y entregar de manera segura los alimentos directamente a las personas que más lo necesitan. La Gran Familia Goya ofrece nuestras oraciones y el obsequio de los frutos de nuestro trabajo a nuestros hermanos y hermanas en Venezuela que lo necesitan desesperadamente”, dijo Bob Unanue, presidente de Goya Foods.

“Gracias a Goya por la importante donación de ayuda humanitaria crítica a Venezuela. Goya sigue mostrando su compromiso permanente con la dramática situación por la que atraviesa el pueblo de Venezuela. Para el Gobierno interino del presidente Juan Guaidó, es una prioridad atender a los venezolanos que sufren por falta de alimentos, medicinas y otras necesidades básicas. Esta importante donación de 220,000 libras de alimentos ha sido distribuida directamente en Venezuela por entidades especializadas en ayuda humanitaria”, dijo Carlos Vecchio, Embajador de la República Bolivariana de Venezuela en Estados Unidos.

*continued next page*



de 3,5 millones de libras de alimentos y 20,000 máscaras protectoras. Para obtener actualizaciones sobre nuestros esfuerzos caritativos a través de Goya Gives, visite goya.com y siganos en Instagram y Facebook.

**Acerca de GOYA:** Fundada en 1936, Goya Foods, Inc. es la compañía de alimentos de propiedad de hispanos más grande de los Estados Unidos, y se ha establecido como el líder en alimentos y condimentos latinoamericanos. Goya fabrica, envasa y distribuye más de 2,500 productos de alimentos de alta calidad de España, el Caribe, México, América Central y América del Sur. Los productos Goya tienen sus raíces en las tradiciones culinarias de comunidades hispanas de todo el mundo; la combinación de ingredientes auténticos, sazones robustas y preparación conveniente hacen que los productos Goya sean ideales para cada gusto y mesa. Para más información sobre Goya Foods, visite [www.goya.com](http://www.goya.com).

A través de Goya Gives, un programa global comprometido con promover el bienestar general de las comunidades a través de la responsabilidad social, las iniciativas ambientales y los valores de la empresa, Goya apoya cada año cerca de 300 iniciativas benéficas, becas y eventos. Desde el inicio de la pandemia, la empresa ha donado más

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## Perspectiva del Coronavirus

Por Marcos Otero  
Gulf Coast Immediate Care Center,  
Fort Walton Beach, FL

Este último año todos se vieron afectados por la pandemia. El coronavirus comenzó en China y se extendió por todo el mundo como la pólvora. Como muchas otras pandemias desde el principio de los tiempos, han aparecido enfermedades que han sorprendido a las sociedades y han causado muchas muertes. En el momento de escribir este artículo (29 de diciembre), las estadísticas mundiales actuales según el CDC.gov se encuentran en

	<u>Total de casos</u>	<u>Recuperados</u>	<u>Muertes</u>
En todo el mundo	81.2M	45.9M	1.77M
Estados Unidos	19.4M	+189K	335K
Florida	1.28M	+8,198	21,307
Condado de Okaloosa	12,406	+82	224

Estos números son asombrosos.

Quiero compartir mi perspectiva sobre el coronavirus.

A principios de diciembre, el mes comenzó como un día ajetreado en la clínica. Sin embargo, dos de nuestras tres enfermeras y uno de nuestro personal de recepción desarrollaron fiebre. La clínica decidió cerrar el 2 de diciembre y hacer que todos se hicieran la prueba en el Departamento de Salud. Todo el equipo fue probado y permanecimos cerrados hasta el 7 de diciembre. Todo parecía estar bien y todas las pruebas fueron negativas.

El jueves 10 de diciembre comencé la jornada laboral cansado. De repente, tuve rigores repentinos, escalofríos y no podía calentarme, pero tenía 102 grados de fiebre. Tenía tanto frío que no podía encontrar la manera de mantenerme caliente. Me volvieron a hacer la prueba de COVID y me enviaron a casa. El departamento de salud me notificó el viernes por la noche que la prueba dio positivo a COVID.

En ese momento, ya había desarrollado fuertes dolores corporales, dolores de cabeza, fiebres continuas de 103 y escalofríos. No pude permanecer caliente. Perdí todo el apetito, nunca perdí el sentido del olfato o del gusto.

Me pusieron en cuarentena y me quedé encerrado en una habitación pequeña con mantas, ropa pesada y bebiendo mucha agua. Recuerde, el coronavirus es un virus y no existe un tratamiento tratable excepto por el tiempo y el alivio sintomático.

El jueves 17 de diciembre sentí que estaba mejorando. Mis fiebres y escalofríos parecían desaparecer. Así que pensé. Hasta que me desmayé en el baño en el piso de baldosas, sin poder levantarme, es gracioso que el frío de las baldosas contra mi cuerpo me hiciera sentir cómoda. No sé cuánto tiempo estuve fuera. Sé que mi esposa estaba parada encima de mí, habiendo escuchado el ruido sordo de abajo. Volví a la cama a trompicones y luego dormí las siguientes 24 horas. No tenía energía ni fuerza cuando COVID me lo quitó todo.

El lunes estaba mucho mejor que volví a trabajar. Me había sometido a una cantidad suficiente de tiempo para estar en cuarentena. No había tenido fiebre durante más de cuatro días y no había tenido escalofríos. Todavía no tenía apetito, y alguien me duele eso, supuse, debido a mi artritis reumatoide.

El martes, las cosas empeoran. Desarrollé una tos seca y me faltaba el aire. Mi temperatura apenas subió, pero nuevamente no pude calentarme. Una vez más, enviado a casa. La tos me hizo sentir como si me estuviera sofocando. Acostarse lo empeoró. Sentarse hizo que todo el drenaje creara aún más pirateo.

*continúa en la página siguiente*



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Es Navidad, y pasó como un día perdido, sin darme cuenta de que incluso había pasado. Pasó y no celebramos con nuestras nietas. De hecho, no los hemos visto desde que empezó todo. ¡Les pedimos que se mantuvieran alejados para que NO SE ENFERMEN!

Todavía toso con el hackeo y me hace sentir como si me ahogara, pero está mejorando. Creo que he envejecido veinte años ya que solo puedo caminar varios pasos antes de sentirme sin aliento. Pero esto también está mejorando. Nuevamente, no tengo fiebre. Me siento fatigado Estoy bien hidratado y me siento como un pez dorado en el agua, mucha, mucha agua.

Estoy mejorando y mejorando.

Sin embargo, estoy indignado. Veo a los jóvenes y de mediana edad sin máscara o con la máscara inapropiada debajo de la nariz. No soy vengativo, pero espero que su suerte se mantenga. Lo que me enoja más es que, aunque no se enfermen, alguien a su alrededor lo hará por eso.

Oh, bueno, este ha sido el camino de la naturaleza humana desde el principio. Algunos no se preocupan por nadie más que por ellos mismos. La nueva generación parece haber perdido todo respeto por cualquier otra cosa que no sean ellos mismos.

Para cuando esté impreso, habrá llegado el Año Nuevo y, con suerte, traerá una vida mejor para todo el mundo.

Oremos para que las vacunas desplegadas hagan lo que marcan la diferencia.

Sea bendecido y que Dios nos cuide a todos. FELIZ AÑO NUEVO

## Coronavirus Perspective

By Marcos Otero - Gulf Coast Immediate Care Center, Fort Walton Beach, FL

This last year everybody was affected by the pandemic. Coronavirus began in China and spread around the world like wildfire. Like many other pandemics since the beginning of time, diseases have appeared and surprised societies and created many deaths. As of this writing (Dec. 29) the current world's statistics according to the CDC.gov stands at

	<u>Total Cases</u>	<u>Recovered</u>	<u>Deaths</u>
Worldwide	81.2M	45.9M	1.77M
United States	19.4M	+189K	335K
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## A FELIZ NAVIDAD WAS HAD BY ALL!

United for a Good Cause Inc. organizó sus dos eventos navideños de caridad en diciembre pasado. La 16ª Fiesta Anual “El Milagro Navideño de la Costa Esmeralda” se llevó a cabo el 19 de diciembre y su 8ª “Carrera Anual del Trineo de Santa por 4 Condados” fue 23 de diciembre. Un total de más de 1,000 niños y sus familias fueron atendidos a través de juguetes nuevos, canastas de comida, entretenimiento y más de 100 bicicletas nuevas cortesía de los patrocinadores del evento y varias agencias participantes. Para obtener más imágenes e información sobre los eventos, visite [unitedforagoodcause.org](http://unitedforagoodcause.org).

United for a Good Cause Inc. hosted their two annual Christmas Charity events this past December. The 16th Annual “Emerald Coast Christmas Miracle Fiesta” took place on 19 December and their 8th Annual “Santa’s 4-County Sleigh Run” on 23 December. A total of more than 1,000 children and their families were served via new toys, food baskets, entertainment and more than 100 brand new bikes courtesy of the event sponsors and several participating agencies. For more pictures and information on the events, go to [unitedforagoodcause.org](http://unitedforagoodcause.org).





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## Break Up - Primeiro Passo: Aceitar e Deixar Ir

Por Flavia Mosci

Independentemente se o termino de uma relação for unilateral ou mútuo, nunca é um processo fácil. No início, logo após a separação, as emoções podem levar-los em uma espiral descendente. Você pode passar por

sentimentos extremos de tristeza, ansiedade, pânico e até depressão. Podem sentir-se como se seu coração quebrou em pedaços e que sua vida agora perdeu o sentido. Isso poderia acontecer especialmente se você tivesse

feito dessa pessoa o centro de sua vida; se você perdeu esse ponto de referência pode parecer que sua vida terminou. E como se alguém tivesse vindo e de repente puxado o tapete debaixo de seus pés; tudo o que e agora esta diferente do que era antes.

Um breakup e bem difícil se quem tomou a decisão não foi você; isso pode te gerar até um maior sofrimento. Os sentimentos de rejeição e abandono podem se tornar bastante intensos. Nesse estado avassalador de angústia, você pode sentir uma intensa necessidade de entrar em contato com seu ex, para tentar barganhar para que eles fiquem e perguntar-lhes pela décima vez por que eles tomaram tal decisão. É difícil entender especialmente quando você sentiu como se o parceiro te amasse tanto quanto você os amava. No entanto, nada disso ajuda a situação. Absolutamente a parte mais difícil de transição será aquela fase inicial de choque e negação. Isso é especialmente para pessoas que tem personalidades do tipo A que gostam de resolver problemas rápido, e se auto-criticam muito. A personalidade do tipo A, tem a tendência de associar

a sua própria auto-estima com o que resultou desta relação. Para essas pessoas, esta é uma fase difícil, pois podem se sentir como um perdedor por não conseguir resolver este problema e ter chegado ao ponto onde a relação terminou. No entanto, é importante aceitar e perceber que acabou. Quanto mais rápido se passar por essa fase e aceitar totalmente a decisão de separação do outro parceiro, melhor. Preste muita atenção à ação e ao comportamento, não apenas às palavras que eles te deixaram. Além do possível sentimento de culpa ou mesmo a preocupação deles sobre como você vai reagir com a decisão, eles podem dar-lhe todas as desculpas por qual eles estão indo embora. A razão deles pode até não estar clara, o que torna se confuso para quem está sendo deixado. A verdade é que eles não querem mais estar na relação. A realidade é muito dolorosa, mas a pessoa que você amava não considera mais sua presença na vida deles e você nunca queira que alguém que se sintam desta maneira por você, seja o parceiro de sua vida. Este é o momento em que você deve tomar a decisão deles literalmente e responsabilizá-los

*continua na próxima página*

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por esta decisão. Tente não se culpar, dê a responsabilidade pela decisão de se separar ao parceiro que decidiu sair. Lembre-se que se alguém abandonou o relacionamento e te deixou, isso deve ser um turn-off automático para você. (turn off neste sentido seria falta de prazer, desencanto)

Olhe para as ações deles, e não necessariamente suas palavras neste momento. Por mais doloroso que seja, se eles deixarem você ir embora, eles não estão mais interessados e seria um erro fazer qualquer tipo de desculpa para eles; não pense demais nisso. Deixe-os ir. Aceite que a situação foi decidida. Se você até agora não foi suficiente para eles, você nunca teria sido, eles simplesmente não reconhecem o seu verdadeiro valor.

Durante esta primeira etapa, é essencial gerenciar seus pensamentos. Comece a escrevê-los, observe-os. Lembre-se que seus pensamentos provavelmente estarão em um profundo estado de alarme e choque neste momento. É provável que estes não sejam bons pensamentos com tantas emoções negativas em alta, no entanto, este é um momento crucial para prestar

atenção. Nosso próprio pensamento pode adicionar tanto peso e dor à nossa situação já existente que devemos parar e assumir a responsabilidade a quais pensamentos que estamos nos permitindo pensar. Precisamos sair da ruminação. Mais uma vez, não tente analisar demais a situação, tomá-la pelo que ela é. A pessoa foi embora, e eles têm os direitos de sua escolha. Nós tendemos a cair na ruminação depois de um breakup, e começamos a pensar incessantemente no "porque" que isso aconteceu, ou "e se eu tivesse feito isso ou aquilo".. "e se eu tivesse feito algo diferente". Alguns deixarão seus pensamentos irem tão longe quanto ao imaginar o que seu ex vai fazer após o término. Esse tema só vai fazer com que você se sintam pior, adiciona combustível às emoções já negativas que você já está experimentando. Sim, é difícil aceitar um término de uma relação, especialmente se você ainda ama essa pessoa, mas você realmente deve sentir desgosto por aquela pessoa que não quer estar com você. O especialista em relacionamentos nas redes sociais Mathew Hussey nos lembra: "Se alguém mostrar que não está interessado ou não quer você, isso deve ser um "turn off" (desencanto)".

Diz algo assim: "of fato de voce nao gostar de mim não e um "turn-on" (nao me atrae)". O que ele quer dizer e que se a pessoa nao gosta de voce, isso automaticamente deve te fazer sentir sem prazer de ficar com aquela pessoa.

Lembre-se, a última coisa que você quer é estar em um relacionamento com amor não correspondido. As próximas etapas serão discutidas na próxima edição da Conexão. Junte-se a mim via Facebook no Flavia Mosci!

## Breakup - First Step: Accepting and Letting Go

By Flavia Mosci

Regardless of whether a breakup is one-sided or mutual, it is never an easy process. In the beginning, right after the separation emotions can take you on a downward spiral. You may experience feelings of extreme sadness, anxiety, panic, and depression. Others may feel that their heart just dropped and that their life now has lost meaning. This could happen specially if you had made that person the center of your life; if they leave you lose that point of reference and it feels as if your life has just shattered. It is almost as if someone came and suddenly pulled the rug from under your feet; everything that was will now be different.

A breakup is especially difficult if you were not the one to have made the decision, the suffering maybe even worse from your side. Feelings of rejection and abandonment can become very intense. In that overwhelming state of grief, you may feel an intense need to reach out to contact your now ex, to try to bargain for them to stay and ask them for the 10th time why they have made such a decision. It is hard to understand especially when you felt as though they loved you as much as you loved them. Yet, none of this may help. Absolutely the hardest part to transition from will be that initial shock and denial stage.

*continued page 25*



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# Falando sobre Comida

Por Carlinha Carioca (CT)



À medida que 2021 desce sobre nós, o Ano Novo traz novas resoluções, novas aspirações e esperanças. Enquanto tento manter com segurança o que foi bom no ano passado e abrir mão do que não foi tão bom, penso nos lugares que visitei, nas pessoas que conheci, nas experiências e oportunidades que tive. Quando se trata de experimentar comida, muitas vezes penso em New Orleans, um lugar que tive a sorte de visitar nos últimos 3 anos. Foi uma combinação de ter família próxima e a oportunidade de experimentar algo novo que me trouxe a Nova Orleans pela primeira vez. A necessidade de reviver a primeira visita e em busca de novas experiências me trouxe de volta outras vezes.

Nova Orleans costuma ser chamada pelos habitantes locais de Nola e a cidade fica a cerca de 4 ½ a 5 horas de carro do Condado de Okaloosa. Nova Orleans conhecida como uma cidade festiva para o público jovem e os jovens de espírito também é uma cidade cheia de cultura, tradições e uma variedade de restaurantes que podem atender a todos



os gostos e desgostos. Há tantos lugares que eu gosto em Nova Orleans e a cada visita eu tento pelo menos um lugar novo, mas também há os meus lugares que sempre não perco de ir cada visita.

Embora possa parecer clichê para mim, Beignets são a “must go” em

Nova Orleans, não consigo imaginar uma visita sem pelo menos um café da manhã ou lanche no famoso Café du Monde. As filas costumam ser enormes, mas muitas vezes se movem rápido e as Beignets que são uma massa frita e quente servida com açúcar de confeiteiro vale a pena esperar. Sem mencionar que você terá muito entretenimento enquanto espera na fila, desde músicos de rua ao vivo a mímicos e outros artistas de rua.

Um outro lugar que nunca perco de ir em minha visita a Nova Orleans fica a apenas algumas quadras do Café du Monde e é chamado de Central Grocery. Uma mercearia e loja de delicatessen fundada em 1900, o Central Grocery é famoso por sua Muffuletta original. Feito com pão fresco feito à mão, presunto fresco fatiado, salame, mortadela, queijos e a própria salada de azeitona caseira do lugar, Muffuletta é um dos meus sanduíches favoritos. Eu costumo levar minha Muffuletta para comer na estrada porque ela viaja bem, é uma comida perfeita para a viagem de carro. O mercado central também tem sua salada exclusiva de azeitonas à venda, então você pode trazê-la para casa e tentar criar sua própria Muffuletta.

Se você gosta de viagens rodoviárias, Nova Orleans é um ótimo lugar para se visitar, pode-se desfrutar da comida de alguns dos lugares tradicionais mais clássicos, ou simplesmente desfrutar da mundialmente famosa Muffuletta ou Beignets. Não importa que tipo de

comida você goste, você certamente encontrará muitas opções diferentes para escolher em Nova Orleans. Esteja pronto para mergulhar em uma cultura divertida, musical e gastronômica animada. Fique seguro e saudável. Até a próxima vez...

# Conversations About Food

By Carlinha Carioca (CT)

As 2021 descends upon us, The New Year brings new resolutions, new aspirations, and hopes. As I aspire to hold on to what was good in the past year and let go of what was not so good, I think of the places I visit, the people I meet, the experiences and opportunities I had. When it comes to experiencing food I often think about New Orleans, a place that I have been lucky to visit for the past 3 years. It was a combination of family nearby and the opportunity to experience something new that brought me to New Orleans the first time. The need to re experience the first visit and in search for new experiences has brought me back a few more times.

New Orleans often referred by locals as Nola is roughly 4 ½ to 5 hours drive from Okaloosa County. New Orleans is known as a party town for the young crowd and the young at heart as well is also a town full of culture, traditions and a variety of food places that can cater to any likes and dislikes. There are so many places I enjoy in New Orleans and every visit I try at least one new place, but there are also my must go to places every visit.



Although it might seem cliché, for me, beignets are a must have in New Orleans, I can't imagine a visit without at least one breakfast or snack at the famous Café du Monde. The lines are

usually huge, but it often moves fast and the warm, fried dough served with powdered sugar is totally worth the wait. Not to mention you will have plenty of entertainment while in line from live street musicians, to mimes and other street artists.

My next must go to place in my visit to New Orleans is just a few blocks from Café du Monde and it's called Central Grocery. A grocery and deli store founded in 1900's, Central Grocery is



famous for their original Muffuletta. Made with handmade fresh bread, fresh sliced ham, salami, mortadella, cheeses and their own signature olive salad, The Muffuletta is one of my favorite sandwiches. I usually take my Muffuletta for the road because it travels well, is a perfect ride home food. Central market also has their signature olive salad for sale so you can bring it home and try creating your own Muffuletta.

If you enjoy road trips New Orleans is a great place to visit, one can enjoy food from some of the most classic traditional places, or just enjoy the world famous Muffuletta or beignets. No matter what sort of food you like you are sure to find many different options to choose from in New Orleans. Be ready to immerse into some fun, lively music and food culture. Stay safe & healthy. Until next time...

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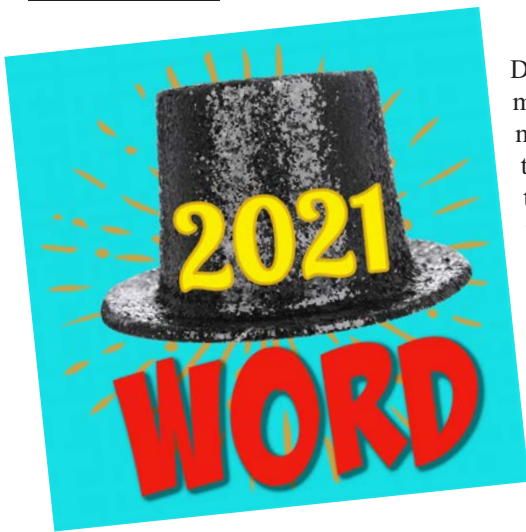
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# BEING THANKFUL, GRATEFUL Y FEELING BLESSED

By Bohemian Babushka



Did you come to realize what truly mattered to you? Did it help you make a resolution for the future? For today? Porque you know, they say that futuro tomorrow's are made up of past todays. For her part, BB says hers is more realization than resolution. Matter of fact, "New Years Resolutions" is so ayer. Now it's about Palabras de Power. One word to describe what your focus is in the coming year. An amiga chose "NOW" as hers, a very powerful mindset.

Thinking hard on what BB wants in 2021, she realizes how truly Blessed she is.

**HolaHolaHola Beautifuls!**

Feliz New Year!! Babushka feels pretty safe in saying Wow and Woah. That last one, 2020... again, Wow and Woah. Entre pandemic and politics, a most memorable year. Though many of us wouldn't mind forgetting it.

Tengo amor. Amor propio, pareja and familia. Tengo de que comer, siempre. Tengo donde dormir. Sencillo pero es mio

So does that mean Babushka doesn't want for more? JU SO FONII!!

We were sent here to want more, to do more, for ourselves and our fellow Earth dwellers. With the longing for better, we raise expectations, vibrations. The level of living for todos would rise if we all wanted it so. So, aunque BB is grateful and content, her word would be- UPGRADE!! MORE Amor, more often. She misses her familia and wouldn't mind seeing them más. Comida, well obviously

there has been no shortage, pero a healthier menu wouldn't be a bad thing. Babushka's bed is in a trailer, Sweetie's home for over 20 years. A new concrete casa would be wonderful in 2021! Have Land, Need House. UPGRADE. Si, feeling Blessed, but could be Better. La esperanza existe y todo es posible.

What's your word for this nuevo año Beautifuls?

Babushka Besos a todos. Cuidensen.

## Live differently cont.

unwise yesterdays. We then reach forward to see what lies ahead, as the apostle Paul wrote about in Philippians 3:13 (ESV): *"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead."*

If you (like many of us) are struggling with regrets, 2021 can be different.

With God's help, each month let's commit to one area we want to work on. Minute-by-minute and choice-by-choice, through the power of the Holy Spirit, let's reach toward what lies ahead – a different way of living.

**Sheryl H. Boldt is the author of the blog, [www.TodayCanBeDifferent.net](http://www.TodayCanBeDifferent.net). Connect with her at [SherylHBoldt@gmail.com](mailto:SherylHBoldt@gmail.com).**

**BOHEMIAN BABUSHKA**  
Public Speaker, Actress, Writer, Travel & Lifestyle Blogger, Social Advocate Social Media Trainer & Influencer... but her biggest job & joy is being a Groovy GRANDMA.

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# Gulf Power dona \$134,500 para apoyar a las organizaciones comunitarias sin fines de lucro del noroeste de Florida

Fuente: Comunicado de prensa de GULF POWER



**PENSACOLA, Fla.** - Entre el COVID-19 y una temporada de tormentas récord, es fácil decir que 2020 ha sido un año desafiante. Para ayudar a nuestras comunidades a abordar algunos de los desafíos, Gulf Power donó \$134,500 a organizaciones del área en diciembre, para ayudar con todo, desde los impactos de COVID-19 hasta los Consejos sobre el Envejecimiento del área para “Meals on Wheels” y los esfuerzos educativos STEM.

“Nuestra misión siempre ha sido apoyar a nuestras comunidades, donde nuestros empleados viven y trabajan, particularmente durante tiempos difíciles e inciertos como el que se presenta en 2020”, dijo Marlene Santos, presidenta de Gulf Power. “Nos sentimos honrados de brindar asistencia en áreas específicas para ayudar a nuestras organizaciones comunitarias locales a continuar ayudando y apoyando a quienes más lo necesitan, al mismo tiempo que invertimos en el futuro de nuestra región apoyando los esfuerzos educativos para los jóvenes del área”.

Las contribuciones se distribuyen por toda el área de servicio de Gulf Power en el noroeste de Florida.

“Estamos muy emocionados y honrados de que Gulf Power haya elegido a Baptist Health Care Foundation para apoyar”, dijo Maegan Leonard de Baptist Health Care Foundation, una de las más de 40 organizaciones locales que recibieron fondos en diciembre. “Ciertamente ha sido un año difícil para todos, y esta donación tendrá un gran impacto en los necesitados a los que ayudamos a través de nuestro programa Helping Hands”.

Las contribuciones de diciembre se distribuyeron en cinco

áreas principales de enfoque a organizaciones locales sin fines de lucro en todo el noroeste de Florida:

- Alcance comunitario – Apoyo COVID-19: \$71,500 - HOOPS Program, Men In Action, UNCF, Montclair Elementary, Rhodes Elementary, Epps Christian Center, Emmaus Outreach, Milk & Honey, Health and Hope Clinic, African American Heritage Society, Kukua Institute, SYSA, Carver, ACTS-SO, Youth Village, Food for Thought, United For A Good Cause Inc., Eleanor Johnson Youth Center, Matrix Community Outreach Center, ASAP, Girls Inc, Bay NAACP, Lead Coalition of Bay County, TJ Roulhac Enrichment & Activity Center, Wiregrass Omega Lamplighters
- Apoyo a STEM: \$10,000 - Kukua Institute
- Apoyo comunitario durante las fiestas: \$ 17,500 - Communities Caring at Christmas, Fresh Start for Children and Families, Salvage Santa
- Apoyo alimenticio para ancianos: \$ 11,500 - Council on Aging of West Florida, Council on Aging of West Florida, Elder Services of Okaloosa County, Walton Council on Aging, Bay County Council on Aging, Washington County Council on Aging, Calhoun County Senior Citizens Council, Jackson Senior Citizens Organization, Holmes County Council on Aging
- Programas de asistencia de servicios públicos: \$ 24,000 - Samaritan Hands, We Care Ministries, Catholic Charities of Northwest Florida, Inc., Opening Doors NWFL, Sharing and Caring of Niceville, Baptist Health Care Foundation

“Siempre nos sorprende la generosidad de Gulf Power y todo lo que hacen por nuestra gran comunidad”, dijo Matthew F. Knee, director ejecutivo de Catholic Charities of Northwest Florida, Inc.

**Acerca de Gulf Power:** Gulf Power atiende a casi 470.000 clientes en ocho condados en el noroeste de Florida. La misión de la empresa es proporcionar de forma segura un valor excepcional al cliente mediante el suministro de

electricidad confiable, asequible y ambientalmente responsable, al tiempo que fortalece nuestras comunidades.

Para obtener más información sobre las empresas de NextEra Energy, visite estos sitios web: [www.NextEraEnergy.com](http://www.NextEraEnergy.com), [www.FPL.com](http://www.FPL.com),

[www.GulfPower.com](http://www.GulfPower.com), [www.NextEraEnergyResources.com](http://www.NextEraEnergyResources.com). Para obtener más información sobre Gulf Power, visite [GulfPower.com](http://GulfPower.com) o las páginas de Facebook, Instagram y Twitter de la empresa. Se puede encontrar información sobre noticias en [GulfPowerNews.com](http://GulfPowerNews.com).

## Gulf Power donates \$134,500 to support Northwest Florida community non-profit organizations

Source: GULF POWER Press Release

**PENSACOLA, Fla.** - Between COVID-19 and a record-setting storm season, it's easy to say 2020 has been a challenging year. To help our communities address some of the challenges, Gulf Power donated \$134,500 to area organizations in December – to aid with everything from COVID-19 impacts to area Councils on Aging for ‘Meals on Wheels’ to STEM educational efforts.

“Our mission has always been to support our communities, where our employees live and work – particularly

during difficult and uncertain times like 2020 has presented,” said Marlene Santos, Gulf Power president. “We are honored to provide assistance in focused areas to help our local community organizations continue to help and support those who need it most while also investing in our region’s future by supporting educational efforts for area youth.”

The contributions are being spread throughout the Gulf Power service area in Northwest Florida.

*continúa en la página siguiente*

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## Milagros cont.

amado, salva mi trabajo, y la lista sigue y sigue para todos nosotros. ¿Qué pasa si nos abrimos de antemano y nos volvemos receptivos a presenciar y compartir los milagros que nos rodean? ¿Aumentaríamos nuestras bendiciones y las de los demás? Los milagros no son creados ni otorgados por el mero pensamiento, son producidos por el espíritu y el alma en todos nosotros. Todos somos capaces de invocar y experimentar milagros. Algo parece imposible hasta que ocurre un milagro y ahora es posible. Si desea un milagro en su vida, prepárese para ser utilizado desde el principio hasta su finalización. *“Cuando el mundo dice “Ríndete”, los susurros de esperanza intentan una vez más”.*

- Rey Tutankamun

Entonces, al comenzar el año 2021, no se quede de brazos cruzados esperando que ocurran milagros. Los pasos de acción positiva, la disciplina, la determinación y la empatía son herramientas que le permitirán ser un participante activo.

### Aquí hay 5 cosas que puede hacer para prepararse para recibir la abundancia de milagros a su alrededor:

**1.** Practique la gratitud. Esto te permitirá vivir en abundancia y positividad. La gente se sentirá atraída hacia ti y la energía de uno se multiplicará.

## Miracles cont.

become receptive to witnessing and sharing the miracles all around us? Would we increase our blessings and those of others?

Miracles are neither created nor bestowed by mere thought, they are brought forth by the spirit and soul in all of us. We are all capable of invoking and experiencing miracles. Something seems impossible until a miracle happens and now it's possible. If you want a miracle in your life be prepared to be utilized from inception through completion.

*“When the world says “Give Up”, hope whispers try one more time.”*

- King Tutankamun

So, in starting the year 2021 don't sit idly by waiting for miracles to happen. Positive-action steps, discipline,

**2.** Deje de esperar a que otros intervengan y salven el día. Con cada pequeño paso positivo, las oportunidades se mostrarán. La mejor parte es que abrirá la puerta a una plétora de experiencias.

**3.** Tenga cuidado de no limitar palabras y pensamientos como “Así es como siempre lo hemos hecho”. No quiera descartar todas las tradiciones; sin embargo, sí debe tratar de abrir sus horizontes a nuevas avenidas y experiencias.

**4.** Ayudar a otros a experimentar milagros nos abre a todos a la abundancia, y la mentalidad de escasez no puede encontrar apego.

**5.** Confíe en su sistema de guía interior. Recuerde que los milagros no siempre tienen que basarse en la lógica, sino que deben surgir al creer que somos parte de algo mucho más grande que nosotros mismos. *“Quizás los milagros se dan no para probar nada, sino simplemente para recordarnos que el mundo físico no es tan sólido, real y confiable como pensamos”.*

- Dwight Longenecker

¿Quiere formas de desarrollar sus fortalezas, talentos y dones? Ve a [barbarabritt.com](http://barbarabritt.com), hay nuevos entrenamientos que te prepararán para tener el mejor año de tu vida.

purposefulness, and empathy are tools that will enable you to be an active participant.

### Here are 5 things you can do to prepare to receive the abundance of miracles around you:

**1.** Practice gratitude. This will enable you to live in abundance and positivity. People will be drawn to you and the energy of one will be multiplied

**2.** Stop waiting for others to jump in and save the day. With each small positive step, opportunities will show themselves. The best part is that you will be opening the door for a plethora of experiences to take place.

**3.** Be careful of limiting words and thoughts such as “That is the way we always have done it.” You don't want to discard every tradition; however, you



do want to open your horizons to new avenues and experiences.

**4.** Helping others to experience miracles opens us all up to abundance, and the scarcity mindset cannot find attachment.

## Gulf Power cont.

“We are so excited and honored that Gulf Power chose the Baptist Health Care Foundation to support,” said Maegan Leonard with Baptist Health Care Foundation, one of more than 40 local organizations receiving funding in December. “It certainly has been a tough year for everyone, and this donation will make a huge impact on those in need that we help through our Helping Hands program.”

The December contributions were distributed in five main focus areas to local non-profit organizations throughout Northwest Florida:

- Community Outreach – COVID-19 support: \$71,500 - HOOPS Program, Men In Action, UNCF, Montclair Elementary, Rhodes Elementary, Epps Christian Center, Emmaus Outreach, Milk & Honey, Health and Hope Clinic, African American Heritage Society, Kukua Institute, SYSA, Carver, ACTS-SO, Youth Village, Food for Thought, United For A Good Cause Inc., Eleanor Johnson Youth Center, Matrix Community Outreach Center, ASAP, Girls Inc, Bay NAACP, Lead Coalition of Bay County, TJ Roulhac Enrichment & Activity Center, Wiregrass Omega Lamplighters
- STEM support: \$10,000 - Kukua Institute
- Community holiday support: \$17,500 - Communities Caring at Christmas, Fresh Start for Children and Families, Salvage Santa
- Meal support for elderly: \$11,500 - Council on Aging of West Florida, Council on Aging of West Florida, Elder Services of Okaloosa County,

**5.** Trust your inner guidance system. Remember miracles don't always have to base on logic but must be brought into existence out of belief that we are part of something so much bigger than ourselves

*“Maybe miracles are given not to prove anything, but simply to remind us that the physical world is not so solid and real and dependable as we think.”*

- Dwight Longenecker

Want ways in which to develop your strengths, talents, and gifts? Go to [barbarabritt.com](http://barbarabritt.com), there are new trainings that will prepare you to have the best year so far.

Walton Council on Aging, Bay County Council on Aging, Washington County Council on Aging, Calhoun County Senior Citizens Council, Jackson Senior Citizens Organization, Holmes County Council on Aging

- Utility assistance programs: \$24,000 - Samaritan Hands, We Care Ministries, Catholic Charities of Northwest Florida, Inc., Opening Doors NWFL, Sharing and Caring of Niceville, Baptist Health Care Foundation

“We are always floored by the generosity of Gulf Power, and all that you do for our great community,” said Matthew F. Knee, executive director for the Catholic Charities of Northwest Florida, Inc.

**About Gulf Power:** Gulf Power serves nearly 470,000 customers in eight counties throughout Northwest Florida. The company's mission is to safely provide exceptional customer value by delivering reliable, affordable and environmentally responsible electricity while strengthening our communities. For more information about NextEra Energy companies, visit websites: [www.NextEraEnergy.com](http://www.NextEraEnergy.com), [www.FPL.com](http://www.FPL.com), [www.GulfPower.com](http://www.GulfPower.com), [www.NextEraEnergyResources.com](http://www.NextEraEnergyResources.com).

**For more information about Gulf Power, visit [GulfPower.com](http://GulfPower.com) or the company's Facebook, Instagram and Twitter pages. News information can be found at [GulfPowerNews.com](http://GulfPowerNews.com).**

# Gaby Natale es la Primer Autora Latina Publicada por HarperCollins Leadership

**NUEVA YORK, 8 de diciembre de 2020 /PRNewswire-HISPANIC PR WIRE/** -- Gaby Natale, periodista triple ganadora del premio EMMY, conferencista y emprendedora rompe barreras al convertirse en la primer autora Latina publicada por el prestigioso sello editorial HarperCollins Leadership cuando su libro *The Virtuous Circle* (El Círculo Virtuoso) llegue a todas las librerías este 5 de enero de 2021.

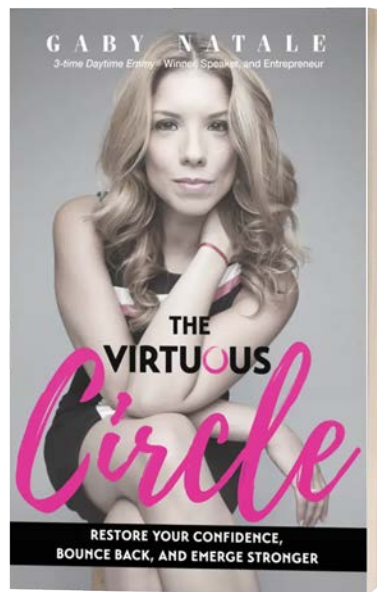
“Creo que cada vez que elegimos ser pioneros, ayudamos a que el mundo avance. Esta puerta que estoy a punto de abrir no es solo para mí. Es una puerta que -espero- también este allí para otros. Especialmente para aquellos cuyas voces están subrepresentadas o mal representadas”, explica Natale.

Al unir fuerzas con HarperCollins Leadership, Natale se convierte en la primera autora de origen hispano en sumarse a las filas de una impresionante lista de escritores bestsellers incluyendo John C. Maxwell y Rachel Hollis, entre otros.

“A través de su carrera, Gaby Natale ha sido una pionera. Ella es el tipo de líder y fuerza motivadora que nos encanta destacar en HarperCollins Leadership,” dijo Jeff James, vicepresidente y publisher. “Lectores de todo tipo de origen pueden beneficiarse con su ejemplo y sabiduría para definir y alcanzar nuestro propósito.”

¿Por qué es que algunas personas que parecen tenerlo todo a favor nunca desarrollan su potencial mientras que otras que han nacido en la adversidad alcanzan cada objetivo que se proponen? Esa es la pregunta que da origen a *The Virtuous Circle* (El Círculo Virtuoso).

El libro no solo narra las historias de éxito de personalidades destacadas a través del mundo, sino que también recorre el improbable camino de Natale quien paso de ser desempleada en su Argentina natal a emprendedora y periodista ganadora de tres premios Emmy en los Estados Unidos.



“Nuestra responsabilidad es seguir rompiendo barreras. Por eso he sido tan intencional en convertirme también en la narradora del audiolibro en inglés. Quiero que al oír mi voz cada niña sepa que los líderes venimos en diferentes colores, tamaños, edades, géneros... y acentos. ¡La diversidad es belleza!”, explica Natale quien será pionera en convertirse en una de las primeras autoras con acento extranjero que narrará su libro en inglés.

Basado en una década de entrevistas con líderes de diferentes disciplinas -como el gurú del bienestar Deepak Chopra, la autora bestseller Isabel Allende y la leyenda del rock Carlos Santana- Gaby analiza sus historias para descubrir como aprovecharon sus características y fortalezas personales para avanzar. Y en el camino, descubre los secretos de una habilidad poderosa que puede ser aprendida por todos: la capacidad de ver más allá de lo aparente. Se trata de una herramienta que permite no solamente explorar quienes somos -teniendo en cuenta nuestras circunstancias particulares- sino descubrir también en quienes podríamos convertirnos.

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## Acerca de Gaby Natale y AGANARmedia

Gaby Natale es periodista ganadora de tres premios EMMY® nacionales, empresaria, autora bestseller y conferencista radicada en los Estados Unidos.

Gaby es una de las pocas mujeres en la industria del entretenimiento norteamericana que no solamente controla los derechos de su show de televisión, sino que también es dueña de su propio estudio de televisión. Esta situación única le ha permitido combinar su pasión por la Comunicación y su espíritu empresarial.

En 2018, la revista People en Español incluyó a Gaby Natale en las “25 Poderosas”, una edición anual de la revista que celebra a las latinas más destacadas del momento.

En 2017, Gaby se convirtió en la primera presentadora de televisión en español de los Estados Unidos en ganar el premio a “Mejor Conducción” por segundo año consecutivo. En mayo del año 2016, Gaby y su show SuperLatina ganaron dos premios EMMY en las

categorías Mejor Presentador/a de un Show de Televisión en Español y Mejor Show de Entretenimiento en Español. Este acontecimiento le dio a la empresa de Gaby Natale, AGANARmedia Inc., la distinción de ser la primera casa de producción independiente en la historia de la Academia de Artes y Ciencias Televisivas de los Estados Unidos en conseguir ambas distinciones en una misma noche.

En Internet, Gaby ha desarrollado una fiel base de seguidores, con más de 52 millones de reproducciones en Youtube y cerca de 250,000 seguidores en redes sociales.

Gaby también es la co-fundadora y presidenta de AGANARmedia, una empresa de mercadeo enfocada en servir al público hispano de los Estados Unidos. AGANARmedia cuenta con una cartera de clientes consolidada que incluye a varias empresas en la lista de la revista Fortune 500, incluyendo a Hilton Worldwide, AT&T, eBay, Amazon y Sprint, entre otras.

En 2019, Gaby funda [www.WelcomeAllbeauty.com](http://www.WelcomeAllbeauty.com) la primer línea de extensiones para el cabello que le ofrece a las mujeres opciones para quedar listas en menos de cinco minutos.

Gaby Natale es Licenciada en Relaciones Internacionales y tiene una Maestría en Periodismo de la Universidad de San Andres.

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**Break Up** cont.

This is specially for people who are type A personalities who like to solve problems. To them this is a difficult stage as they may feel like a failure to solve this one. Yet, it is important to accept and realize that it is over. The quicker one can move through this stage and fully accept the breakup decision from the other partner, the better. Pay close attention to the action and behavior, not just the words that they left you with. Out of their feeling of guilt or even their worry about how you will feel over their decision, they may give you all kinds of excuses of why they are leaving. Their reason may even be unclear, which makes it confusing to the one being left. The truth is that they do not want to be in the relationship with you anymore. The reality is very hurtful, but the person whom you loved did not consider and value your presence in their lives anymore. You absolutely would not want someone who feels this way to be your long-term companionship for life.

This is the time when you must take their decision literally and hold them responsible for this decision. Try not to blame yourself, give the responsibility for the decision to separate to the partner who decided to leave. Remember that if someone has abandoned the relationship and left you, this should be an automatic turnoff for you. Look at their actions and not necessarily their words at this point. As painful as it is, if they let you go, they are no longer interested and it would be a mistake to make any type of excuses for them; do not over think this. Let them go. Accept that the situation has been decided upon. If you were not enough for them, you never would have been, they simply do not

recognize your true value. During this first stage, it is essential to grab a hold of your thoughts. Start writing them down, keep track of them. Remember that your thoughts are likely to be in a deep state of alarm and shock at this time. It is likely that these are not good thoughts with so many negative emotions running high, however, this is a crucial time to pay attention to them. Our own thinking can add so much weight and pain to our already existing situation that we must stop and take responsibility to what thoughts we are allowing ourselves to think. We need to get out of the rumination. Again, do not try to over analyze the situation, take it for what it is. The person left, and they have the rights to their choice. We tend to fall into rumination after a breakup, and begin to wonder incessantly of why it happened, and what if this, and what if that. Some will let their thoughts go as far as to wonder what their ex is going to be doing after the breakup. This theme will only make one feel worse; it adds fuel to the already negative emotions one is experiencing. Yes, it is hard to accept a breakup specially if you still love that person but you should really get turned off by someone who does not want to be with you. Social media relationship expert Mathew Hussey reminds us: "If someone shows you that they are not interested or they don't want you, that should be a turnoff." "You not liking me is not a turn on". Remember, the last thing you want is to be in a relationship with unrequited love. Next stages will be discussed in the next issue of Conexión. Join me via Facebook at Flavia Mosci!

# SUDOKU

The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3 x 3 box.

					3		8	5
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**Sheriff Eric Aden**  
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There's a new Sheriff at the Okaloosa County Sheriff's Office, but he's not new to the agency or to the community.

Former Administrations Bureau Major Eric Aden was officially sworn in today by Okaloosa Clerk of Court JD Peacock, also a former OCSO deputy.

Sheriff Aden ran unopposed for the seat, putting him in charge of an agency with 459 sworn and civilian personnel.

Sheriff Aden said becoming Sheriff is the greatest honor of his life and his goals are to build on the OCSO's current success as a state and nationally accredited agency that enjoys outstanding community support.

He credited outgoing Sheriff Larry Ashley, saying he brought great integrity to the OCSO and calling him "one of the greatest leaders I've ever known".

Sheriff Aden continued, "We will draw the line in the sand and hold that line to protect our citizens from evil. It's what they want and expect and we will provide it."

The new OCSO Undersheriff is Charlie Nix and the new Chief Deputy is Ken LaPee.

Excerpts from the ceremony can be found on the OCSO YouTube page: [youtube.com/watch?v=n2\\_dspxo1Y](https://www.youtube.com/watch?v=n2_dspxo1Y)

# El Rincón de Jaime

## Jimmy's Corner



"Da el primer paso con fe. No tienes que ver toda la escalera, solo da el primer paso."

"Take the first step in faith. You don't have to see the whole staircase, just take the first step."

- Martin Luther King Jr.



## Social Distancing for COVID-19

Florida Department of Health • [FloridaHealth.gov/COVID-19](https://www.FloridaHealth.gov/COVID-19)

- Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.
- It is important to stay 6 feet away from others.

### Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



### Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



### Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



### Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



### Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.



6 feet



### Avoid public transit if possible.

Don't travel to areas with active outbreaks.



### Avoid crowded places.

Sporting events, community festivals, and concerts.



### Learn more:

[tinyurl.com/CDCgatherings](https://www.tinyurl.com/CDCgatherings)  
[tinyurl.com/FLcdcprevention](https://www.tinyurl.com/FLcdcprevention)

Florida Health Office of Communications/05.26.20



## RAVI'S QUOTES

"Lo que aplaudes es lo que alientas, pero cuidado con lo que celebras ..."

"What you applaud you encourage, but beware what you celebrate..."

- RAVI ZACHARIAS - [www.rzim.org](http://www.rzim.org).

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## Coronavirus cont.

These numbers are staggering.

I want to share my perspective on the coronavirus.

Early December, the month began as a busy clinic day. However, two of our three nurses and one of our front staff developed fevers. The clinic decided to close on Dec. 2 and have everyone tested at the Health Department. The team was all tested, and we remained closed until Dec. 7. All appeared fine, and all tests were negative.

Thursday, Dec. 10, I began the workday tired. Suddenly, I got sudden rigors, chills, and could not get warm but was running fever 102. I was so cold I could not find a way to stay warm. I was retested for COVID and sent home. I was notified by the health department Friday night that tested indeed COVID positive.

By that time, I had already developed severe body aches, headaches, continual fevers of 103, and chills. I could not remain warm. I lost all my appetite - never did I lose the sense of smell or taste.

I was quarantined and stayed home locked up in a small room in bed blankets, heavy clothing, and drinking lots of water. Remember, coronavirus is a virus, and there is no treatable treatment except for time and symptomatic relief.

Thursday, Dec. 17, I felt as if I was getting better. My fevers and chills had appeared to resolve. So, I thought. Until I found myself passed out in the bathroom on the tile floor, unable to get up, it's funny that the coolness of the tile against my body made me feel comfortable. I don't know how long I was out. I know my wife was standing above me, having heard the thud from downstairs. I stumbled back to bed, and then I slept for the following 24 hours. I had no energy or strength as COVID zapped it all from me.

Monday, I was so much better that I returned to work. I had undergone a sufficient amount of time for quarantine. I had had no fevers for over four days and no chills. I still had no appetite, and somebody aches that I assumed because of my rheumatoid arthritis.

Tuesday, things turn for the worst. I developed a hacking cough and felt short of breath. My temperature barely rose, but again I could not get warm. Once again, sent home. The cough hacking made me feel as if I were suffocating. Laying down made it worse. Sitting made all the drainage create more even more hacking.

It is Christmas, and it went by as a lost day, me unaware that it had even passed. It went by, and we did not celebrate with our granddaughters. In fact, we have not seen them since this all began. We asked them to stay away so that THEY DO NOT GET SICK!

I still cough with hacking, and it makes me feel as if I were suffocating, but it is improving. I think that I have aged twenty years as I can only walk several steps before I feel short of breath. But this too is improving. Again, I have no fevers. I feel fatigued. I am well hydrated, and I feel like a goldfish in the water, lots and lots of water.

I am on the mend and getting better.

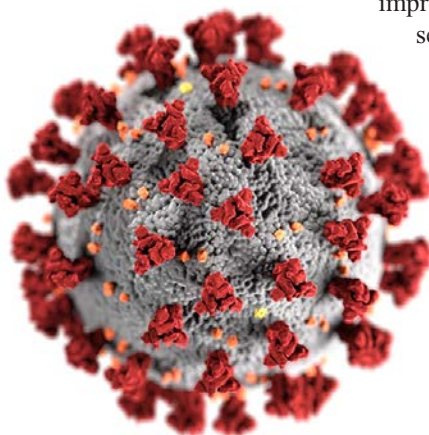
However, I am outraged. I see youngsters and middle age mask free or wearing the mask inappropriate below their nose. I am not vindictive, but I do hope that their luck holds out. What makes me angrier that although they may not get sick, someone around them will because of it.

Oh well, this has been the way of human nature since the beginning. Some have no concern for anyone other than themselves. The new generation seems to have lost all respect for anything other than themselves.

By the time this is printed, the New Year will have come, and hopefully, it will bring a better life for all the world.

Let us pray that the deployed vaccines do what they make a difference.

Be Blessed, and may God watch over us all. HAPPY NEW YEAR



# Census Bureau Statistics Show Change in Retail Sales Year to Year, Season to Season

By Derrick Moore, Senior Communications Specialist at the Census Bureau, December 22, 2020



Whether shopping for big-ticket items like houses, cars, appliances and furniture or for birthdays, Mother's Day or holiday presents, Census Bureau statistics are the gifts that keep on giving.

Of course, the biggest shopping season is during the holidays. What's the next biggest? Back-to-school, according to the National Retail Federation.

The Census Bureau has retail trade statistics for all seasons, by quarter, year, month and even by week. Annual numbers do not cover sales during the pandemic.

## Annual Statistics

For a big picture, let's look at the Annual Retail Trade Survey (ARTS) from 1998 to 2018. This shows retail sales by North American Industry Classification System (NAICS).

From 1998 to 2018, total U.S. retail trade sales grew from \$2,581.8 billion to \$5,269.5 billion and the share of e-commerce soared from \$5.0 billion to \$519.6 billion.

The 2019 ARTS will be released during the first quarter of 2021.

## Quarterly Statistics

The recently released Quarterly Financial Report (QFR) for the third quarter of 2020, shows recent sales and net income after tax for U.S. Retail Trade Corporations, assets \$50 million and over.

Quarterly retail e-commerce sales show estimated sales for the third quarter of 2020 were \$209.5 billion, down 1.0% from the second quarter. Sales are adjusted for seasonal variation but not for price changes.

We'll know more about holiday sales when preliminary estimates for the fourth quarter and revised estimates for the third quarter are released Feb. 19, 2021.

## Monthly Statistics

What if you want retail sales month to month? The Advance Monthly Retail Trade Survey (MARTS) and Monthly Retail Trade Survey (MRTS) provide these estimates by types of business from clothing and electronics to food and beverage.

## Growing sectors include:

- Building materials, garden equipment and supplies dealers, up 13.4% (NAICS 444).
- Food and beverage stores, up 11.6% (NAICS 445).
- Nonstore retailers, up 22.6% (NAICS 454).

## Declining sectors include:

- Gasoline stations, down 16.4% (NAICS 447).
- Clothing and clothing accessories stores, down 28.5% (NAICS 448).
- Food services and drinking places, down 19.4% (NAICS 772).

The December 2020 Advance Monthly Retail report is scheduled to be released on Jan. 15, 2021, at 8:30 a.m. EST. View the full schedule in the Economic Indicators Briefing Room.

Monthly data are also available at the state level, thanks to our new experimental data product, Monthly State Retail Sales (MSRS). This is a blended data product that uses Monthly Retail Trade Survey, administrative and third-party data.

Year-over-year percentage changes are also available for total retail sales excluding Nonstore Retailers and 11 NAICS retail subsectors, beginning with January 2019.

## Weekly Statistics

Weekly data releases for retail trade are now coming from the Small Business Pulse Survey, an experimental data product that tracks the impact of the pandemic on small businesses. We began releasing Phase 3 results weekly Nov. 19 and will continue through Jan. 14, 2021.

We even have weekly data on early-stage business applications at the national, regional and state level from another experimental data product, Business Formation Statistics (BFS).

BFS use data from the Internal Revenue Service's Employer

Identification Number Applications (Form SS-4) to create a time series on the number of business applications filed, by industry sectors and sub-sectors. Data are provided for each week in 2019 and 2020.

## More Shopping-Related Statistics

To learn about consumers in the United States, check out the Consumer Expenditure Survey, which the Census Bureau conducts for the Bureau of Labor Statistics.

The survey, conducted since 1980, provides data on expenditures, income and demographic characteristics of consumers in the United States. The data are used for calculating the Consumer Price Index (CPI), our nation's most important measure of inflation.

From the Census Bureau Newsroom, Stats for Stories (SFS) links you to newsworthy and timely stats about current events, observances, holidays and anniversaries. This past year, we released numerous SFS related to shopping:

- Valentine's Day: February 14, 2020
- Mother's Day: May 10, 2020
- Father's Day: June 21, 2020
- Back to School: August 2020
- Black Friday: November 27, 2020
- Small Business Saturday: November 28, 2020
- Cyber Monday: November 30, 2020
- National Pawnbrokers Day: December 1, 2020

For more details, go to: [www.census.gov/library/stories/2020/12/shopping-trends-in-2020](http://www.census.gov/library/stories/2020/12/shopping-trends-in-2020)



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# EXPO LATINO - Feria Comercial Internacional Latina, marzo 25, 2021 en Fort Walton Beach

Por Jaime Orozco, Grupo San Matias

Queremos invitarte al evento del momento la Feria Comercial del Mall Empresarial de San Matías Group 3.0. Es un evento que se realizará en el marco de la Semana Internacional de la Costa Esmeralda que se llevará a cabo del 20 al 28 de marzo en varias ciudades de la región.

Este evento será una ventana de potencialización de marca y aceleración de tu empresa que aportará un avance significativo al siguiente nivel, ampliaras contactos de proveedores de los diferentes sectores de servicios necesarios para operar legalmente en Estados Unidos, bienes raíces, salud y belleza entre muchos más y podrás ampliar la cartera comercial al tener la posibilidad de encontrar público presencial y virtual especialmente.

Durante el acto presencial de interacción con el público se realizará un live con el apoyo de Conexión Media Group, en Facebook, Instagram, YouTube y posteriormente en LinkedIn con un video preparado y editado ya que este no cuenta con la opción de live aún, obtendremos un alcance significativo en redes con la

plataforma de San Matías Group 3.0, Conexión Media Group y las empresas patrocinadoras.

Tendrás de manera directa e individual la oportunidad de exponer en el live y al público presencial el valor y las bondades de tu producto o servicio, y la manera que te puedan contactar directamente.

Es un momento de oro para ampliar tu organización neuronal de crecimiento exponencial, y avanzar al siguiente nivel tu empresa.

Te esperamos, si requieres más información.

**Contáctanos al WhatsApp 850-280-8119 Cellphone: 850-812-1569, Comercial@sanmatiasgroup.com**

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# EXPO LATINO - Latin International Business Fair, March 25, 2021 in Fort Walton Beach

By Jaime Orozco, San Matias Group

We want to invite you to the current event, the San Matías Group 3.0 Latin International Business Fair. It is an event that will be held within the framework of the Emerald Coast International Week that will take place from March 20 to 28 in several cities in the region.

This event will be a window of brand enhancement and acceleration of your company that will bring a significant advance to the next level, you will expand supplier contacts from the different service sectors necessary to legally operate in the United States, Real State, health and beauty among

many more and you will be able to expand the commercial portfolio by having the possibility of finding a face-to-face and virtual audience especially.

During the face-to-face interaction with the public, a livestream will be held with the support of Conexión Media Group, on Facebook, Instagram, YouTube and later on LinkedIn with a prepared and edited video since it does not have the live option yet, we will obtain a significant reach in networks with the San Matías Group 3.0 platform, Conexión Media Group and the sponsoring companies.

You will have directly and individually the opportunity to expose the value and benefits of your product or service in the live and to the public in person, and the way they can contact you directly.

It is a golden moment to expand your exponential growth neural organization, and advance your company to the next level.

We are waiting for you, if you require more information.

Contact us at WhatsApp 850-280-8119 Cellphone: 850-812-1569, Comercial@sanmatiasgroup.com

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## Grants and Loans cont.

### Grants

Grants are financial aid to finance projects or provide public services, and are only available to non-profit organizations, universities, states and local governments. Note that: Most government grant funding opportunities are not for individuals.

If you find information on the internet or other means that the government is offering grants or “free money” to people to start a business or help with paying bills, don’t believe it, it could be a scam.

If you are part of an organization and believe that it may be eligible for a grant from the United States Government, find free information on the grants that are available, tips and tools to help you in the application process.

### Loans

The Government makes loans to people for specific purposes, such as: to help finance education, to assist with housing needs, or in response to an emergency or crisis. Note that: Loans, unlike grants, must be repaid in payments that are often with interest. If what you need is money to meet a personal need, you may be eligible for one of the loans that the government provides.

To search for government loans, use the federal government’s free official website Gov Loans.gov, where you can access information on loans for agriculture, business, disaster assistance, education, housing, and

veterans. Find out if you are eligible for a government loan using the online pre-screening tool.

Find more information about government grants and loans at USA.gov in Spanish.

USAGov en Español is part of USAGov, a federal program that connects you to information and services from agencies, departments and programs of the United States Government. USAGov helps you find answers to your questions in English and Spanish. Contact us by phone, or through social networks on Facebook or Twitter.

GRANTS	VS.	LOANS
<b>WHAT:</b> Money for projects that benefit the community		<b>WHAT:</b> Money for personal benefit or assistance
<b>WHO:</b> State and local governments, universities, research labs, law enforcement, non-profit organizations		<b>WHO:</b> The general public, such as people impacted by a recent disaster, students in need of financial assistance, and small business owners
<b>EXAMPLE OF USE:</b> Support for local schools, funding scientific research		<b>EXAMPLE OF USE:</b> Student financial aid, help with home repairs, disaster assistance,
<b>Does not need to be repaid</b>		<b>Does need to be repaid, usually with interest</b>

For more information, visit [USA.gov/Grants](https://USA.gov/Grants).

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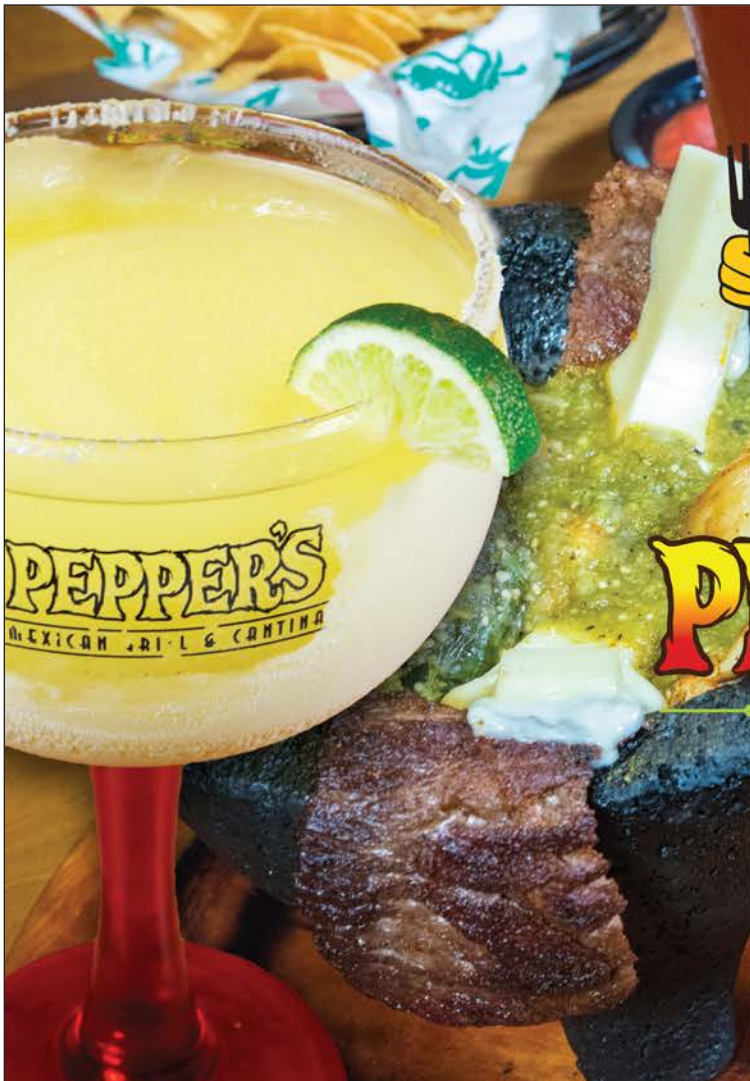
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